



HOPPIN' HAWKS

JUMP ROPE CLUB!



Jump rope is FUN and a great way to increase COORDINATION, PHYSICAL FITNESS, and to CROSS-TRAIN for other sports. Our instructional programs run for eight weeks; they are open to any girl or boy, **age 5 and up** who wants to jump rope. JUMPERS WILL LEARN single rope skills, partner challenges, speed and power moves, long rope tricks, choreographed group routines & Double Dutch. Jumpers are placed on ability teams and advance to higher level teams when ready. All new jumpers begin on our intro team: TALONS. Visit our website at www.hoppinhawks.org for more information. For questions e-mail hoppin_hawks@yahoo.com.

All sessions will be held at the Prospect Mill Elementary School on Thursday evenings.

Times and costs for all sessions are as follows: **Circle Session Below**

Beginner - Talons	5:30 – 6:25 pm	\$50/session	\$95/two sessions	\$140/three sessions
*Intermediate - Wings	6:30 – 7:25 pm	\$50/session	\$95/two sessions	\$140/three sessions
*Advanced – Soar/F.I.T.	7:30 – 8:50 pm	\$55/session	\$105/two sessions	\$155/three sessions
***Double Dutch	6:30 – 7:30 pm	\$30/three weeks	N/A	N/A

* Advanced teams: Must complete Talons before advancing to Wings and complete Wings before moving to SOAR/F.I.T

** Discounts only apply if you register in September

*** Double Dutch (must be registered in Wings or higher)

CHECKS ARE MADE PAYABLE TO: Churchville Recreation Council. Please DO NOT drop off your registration form at the Recreation Complex. PLEASE MAIL to P.O. Box 155, Churchville, MD 21028. Classes will be held on a first come first served basis contingent upon sufficient registration. There will be **No Refunds** or **Transfers** of registration. Payment must be made at the time of registration. Unless you are otherwise notified, you may assume that the class will be held as scheduled. Your canceled check will be your receipt.



2015-2016 sessions and dates are as follows: **Check Sessions Below**

Fall	Sept 10 – Nov 5
Winter	Jan 7– Feb 25
Spring	Mar 10– May 19
Double Dutch (must be registered in Wings or higher)	Dec 3, Dec 10 and Dec 17

Jumper's Name (please print): _____ Home Phone: _____

Email Address: _____ Age: _____

The Board of Education in no way sponsors or endorses this program.

I understand that there are risks involved with the sport of jump rope and that my child is not covered by any program insurance. I will not hold Churchville Recreation Council, Hoppin' Hawks Jump Rope Club, or the instructors responsible for injuries received while participating in the above noted program(s). I understand that information on YOUTH SPORTS CONCUSSION and HEAD INJURIES is available online at www.cdc.gov/concussioninyouthsports or by calling 1-800-232-4636. I will inform the Coach(s) of any physical/medical conditions that my child has that could be aggravated through physical activity. I also give permission for Hoppin' Hawks to use any film, videos, or photographs of the participants for publicity purposes. I also agree by signing this form not to sell and/or post photos or videos of Hoppin' Hawks and their participants on any social media websites. I have read and agreed to adhere to Churchville Recreation Code of Conduct (on the back of this form) and all rules governing the use of school or county facilities.

Parent Signature: _____ Date: _____

Code of Conduct

The Recreation council is committed to providing the citizens of Harford County with quality recreational opportunities in a safe and enjoyable environment. To fulfill this commitment, the Recreation Council has established a **Code of Conduct**. The Code requires that individuals, including but not limited to spectators, coaches, registrants, and volunteers in Recreation Council programs and activities, conduct themselves in a reasonable manner.

Individuals may lose the right to participate in programs and activities for any of the following:

1. Failure to abide by program rules as established by the Recreation Council.
2. Failure to comply with the direction given by Recreation Council representatives in the performance of their duties.
3. Misuse, destruction, damage or theft of Recreation Council property, or the property of others.
4. Indecent or obscene conduct, including profanity.
5. Any action, which, in the judgment of the Recreation Council, places oneself or others at risk. This includes, but is not limited to, physical and/or verbal abuse, intimidation, and coercion, inciting others to violence or disruption, and sexual harassment. Sexual harassment includes, but is not limited to, the following: verbal or physical sexual advances, including pressure for sexual activity, unwelcome sexually motivated touching, pinching, patting or intentional brushing against; verbal harassment or abuse; and remarks or gestures of a sexual nature.
6. Possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives.
7. Possession, use or distribution of alcohol (except by special permit), or controlled dangerous substances.
8. Any action that disrupts or obstructs participation in a Recreation Council program or activity.
9. Any action that constitutes a violation of local, state, or federal law.

Violations of the **Code of Conduct** may result in disciplinary action including, but not limited to, the following:

1. Verbal warning.
2. Limited suspension from programs and activities.
3. Permanent expulsion from programs and activities.

An individual may face permanent expulsion without verbal warning and/or suspension if, in the judgment of the Recreation Council, the violation is significant enough to warrant such action.

August 16 2007